

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 6, No. 3 • March 2016

Help For Those with Early Stage Alzheimer's and Related Memory Disorders

When faced with a new diagnosis of an early stage memory disorder, individuals find themselves in need of support and information as well as opportunities to be with others who will understand the difficulties that come with this diagnosis. With these concepts in mind, the Howard County Office on Aging partnered with the Alzheimer's Association of Greater Maryland in 2011 to design the Kindred Spirits Social Club.

In January 2011, Kindred Spirits opened at the Glenwood 50+ Center as a place where those diagnosed with early stage memory loss could interact with others walking the same journey and retain their sense of purpose in a safe and nurturing environment. "Having a disease like Alzheimer's or other related memory disorder is devastating to the person and their loved ones," says Judy Miller, Kindred Spirits' director, "We knew there was a need for a program that would accept and accommodate the specific needs of this population." The four-hour, fee-for-service program is offered three days a week at Glenwood on Monday, Wednesday and Friday. Participants enjoy coffee with conversation, gentle yoga and other exercise, art, music, speakers and more.

Five years later, Miller is proud of the program and the profound impact it has had on participants. "Their caregivers often report how much more social and confident their loved one is around friends and family. I feel the program has accomplished what it was designed to do... to allow people with memory disorders to come together in a caring and accepting environment, free of judgment and full of encouragement." For more information about Kindred Spirits at Glenwood, contact Judy Miller at 410-313-5441, or email jumiller@howardcountymd.gov.

This month, the Office on Aging plans to expand Kindred Spirits to the North Laurel 50+ Center, located at 9411 Whiskey Bottom Road in Laurel. Under the direction of Nancy Riley, Kindred Spirits at North Laurel will operate on Tuesdays and Thursdays, 9:30 a.m. to 1:30 p.m. For more information, call 410-313-7691 (voice/relay) or email nriley@howardcountymd.gov.

According to the Alzheimer's Association, the early-stage experience for those recently diagnosed with a memory disorder can include changes in behavior, cognition, daily routines and relationships which can lead to feelings of isolation, depression and lack of connection with those around them. Both Kindred Spirits locations offer therapeutic and support activities to help participants develop coping techniques and gain insight into their disease.

Another helpful outlet is the Memory Café, sponsored by the Maryland Chapter of the Alzheimer's Association and held at the Ellicott City 50+ Center. Memory Café is a safe and relaxed place where people with early-stage memory loss, their families, friends and health professionals come together for a unique blend

of education and social interaction. It is held on the first Wednesday of each month from 6:30 to 7:30 p.m. at the Ellicott City 50+ Center, 9401 Frederick Road. Anyone affected by early-stage memory loss is welcome to attend. Attendance is free and a light dinner is provided. For more information, and to make a reservation, contact Yolanda Wright at ywright@alz.org or call 410-561-9099 x208.

A Message from

Starr P. Sowers

Administrator, Office on Aging

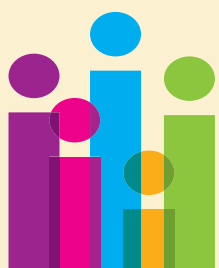


With Spring just around the corner, hopefully the worst of the cold weather and snow is behind us! It's a great time to get out of the house and take advantage of the many events and activities coming up at your local Howard County 50+ Center. Whether you are a history buff or a foodie, a crafter or an opera lover, there's sure to be something to interest you.

If you are looking to get back into shape after a long sedentary winter, our 50+ Centers can help, with fitness options for all ages and ability levels. Two indoor walking tracks and fully equipped fitness rooms at the Glenwood and North Laurel 50+ Centers, and the new Ellicott City 50+ Fitness Center all offer easy accessibility at an affordable price. Be sure to check out our new GO50+ membership options and join today.

Fitness is also the focus of the 8th annual WomenFest, coming up at the Glenwood 50+ Center on Saturday, April 30. It's "shaping up" to be bigger and better than ever, so mark your calendar to attend! If you would like to participate in WomenFest as a sponsor, vendor or exhibitor, and gain valuable visibility for your business, you can get full details at www.howardcountymd.gov/WomenFest.

Lastly, I want to remind everyone to pick up a copy of our 2016 Resource Guide, available at Howard County 50+ Centers, government offices and libraries, and other locations throughout the County. The guide offers an overview of local, state and national assistance programs in addition to concise listings of local businesses and non-profit organizations offering products and services for older adults. To have a copy sent to you, or if you need information or assistance, email Maryland Access Point at map@howardcountymd.gov, or call 410-313-5980 (VOICE/RELAY).



Intergenerational Programs to Enjoy

Friday, March 4 • 11:30 a.m. to 12:30 p.m.

50+ Health Fair

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel

Health Profession Academy students from the Applications and Research Laboratory (ARL) will share the latest information on health, disease prevention and nutrition. No reservations are required for this free program, an intergenerational partnership with the ARL and Howard County Office on Aging. For more information, call 410-313-0380.

Thursday, March 10 • 10 a.m. to 12:15 p.m.

Guys and Dolls

Mt. Hebron High School

9440 Route 99, Ellicott City

Doors open at 9:30 a.m. for a free musical performance of “Guys and Dolls” by Mt. Hebron High School students, especially for older adults. To reserve a space, call 410-313-0380 by March 4. Parking is limited; carpooling is encouraged.

Monday, April 11 and April 18 • 9 a.m. to noon

Where Were You When?

Glenelg Country School

12793 Folly Quarter Road, Ellicott City

Share your “living history” with 8th grade U.S. History students from Glenelg Country School with an initial interview about your life experiences; then return to hear the students tell your story. This is a free event and includes breakfast and a catered lunch. For more information or to register, contact Trisha at 410-313-0389 or tolsen@howardcountymd.gov by April 1.

How to Be a GREAT Grandparent!

Parenting has changed in so many ways since today's grandparents were just parents, so don't miss this program!

Thursday, March 17 • 6:30 - 8:15 pm

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

FREE, but space is limited and pre-registration is required!

- Research-based practices to balance with your own tried & true skills
- Great resources to support your children in their new role as parents
- Ways to safeguard your home for infants & toddlers
- Your role as a grandparent vs. a parent

REGISTER AT: www.howardcountymd.gov/familyinstitute

OR PHONE: 410-313-1440 (VOICE/RELAY)

WE HOPE TO SEE YOU THERE!



Looking for Love?

Take care to protect your heart and your pocketbook!

Not everyone using online dating sites is looking for love. Scammers create fake online profiles using photos of other people — even stolen pictures of real military personnel. They profess their love quickly. And, they tug at your heartstrings with false stories about how they need money — for emergencies, hospital bills, or travel. Why all the tricks? They're looking to steal your money.

As if that isn't bad enough, romance scammers are now involving their victims in online bank fraud. Here's how it works:

The scammers set up dating profiles to meet potential victims. After they form a “relationship,” they come up with reasons to ask their love interest to set up a new bank account. The scammers transfer stolen money into the new account, and then tell their victims to wire the money out of the country. Victims think they're just helping out their “soul mate,” never realizing they're aiding and abetting a crime.

Here are some warning signs that an online love interest might be a fake. Be wary if you are asked to:

- chat off of the dating site immediately, using personal email, text, or phone;
- wire money using Western Union or Money Gram;
- set up a new bank account.

Did you know you can do an image search of your love interest's photo in your favorite search engine? If you do an image search and the person's photo appears under several different names, you're probably dealing with a scammer. Another tip-off is if the person's online profile disappears a few days after they meet you.

Here's the real deal: Don't send money to someone you met online — FOR ANY REASON. If your online “sweetheart” asks for money, it's highly likely you're involved in a scam.

Unfortunately, online dating scams are all too common. There may be tens of thousands of victims, but only a small fraction of these scams are ever reported. If this happens to you, contact the Howard County Office of Consumer Affairs right away.

For more information, visit www.howardcountymd.gov/consumer, or email consumer@howardcountymd.gov or call 410-313-6420 (voice/relay).



The Senior Connection is published monthly by the Howard County Department of Citizen Services and the Office on Aging.

This publication is available in alternate formats upon request.

To join our subscriber list, email seniorconnection@howardcountymd.gov

Howard County Office on Aging, 6751 Columbia Gateway Dr., Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • www.howardcountyaging.org

Find us on www.facebook.com/HoCoCitizen

Kim Higdon Henry, Senior Connection Editor
kahenry@howardcountymd.gov

Advertising contained in the Beacon is not endorsed by the Howard County Office on Aging or by the publisher.



EXERCISE PROGRAM

- Low-impact physical activity program proven to reduce pain and decrease stiffness
- Includes gentle range-of-motion exercises that are suitable for every fitness level and ability
- Led by a trained program leader

Tuesdays, 9:30 a.m.
Thursdays, 10:30 a.m.

Bain 50+ Center
 5470 Ruth Keeton Way
 Columbia 21044

Contact Jennifer Lee

410-313-5940 (VOICE/RELAY)
 jlee@howardcountymd.gov



Kindred Spirits SOCIAL CLUB

A fee-for-service program for people diagnosed with an early stage memory disorder*

NEW! Kindred Spirits at North Laurel
Tuesday and Thursday • 9:30 a.m. - 1:30 p.m.

North Laurel 50+ Center, 9411 Whiskey Bottom Road, Laurel 20723

Contact: Nancy Riley
 410-313-7691 (voice/relay)
 nriley@howardcountymd.gov

Kindred Spirits at Glenwood
Monday/Wednesday/Friday • 9:00 a.m. - 1:00 p.m.

Glenwood 50+ Center
 2400 Rt. 97, Cooksville 21723

Contact: Judy Miller
 410-313-5441 (voice/relay)
 jumiller@howardcountymd.gov

* An initial screening for eligibility is required; call one of the above centers to schedule an evaluation.



PREPARE TO CARE

FAMILY SHARED AGING OPTIONS

A program designed for adult children to learn about services and programs available for aging family members. You'll discover:

- How to Start the Conversation
- Ways to Assess Needs
- How to Design a Plan
- Services to Assist with Aging in Place
- Assisted Living and Nursing Facility Options



Thursday, March 24
6:30 – 8:00 p.m.

Miller Branch Library, Avalon Meeting Room
 9421 Frederick Road, Ellicott City 21042

Tuesday, April 19
6:30 – 8:00 p.m.

East Columbia 50+ Center
 6600 Cradlerock Way, Columbia 21045

REGISTER AT 410-313-5980 (VOICE/RELAY)



www.howardcountymd.gov/map

Don't Miss the Fun, Excitement and Energy!

The **8th Annual WomenFest** – designed for women of all ages to live a more balanced, healthier and fulfilled life

strong • savvy • sage
WOMENFEST
 A Health & Wellness Event for Women

Saturday, April 30 • 10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
 2400 Route 97, Cooksville, MD 21723

New for 2016! CORE CAMP

Grab a Friend & Meet Us at the Mat for these 45-minute Energizing Sessions!

PILATES: 10:30 – 11:15 a.m. • YOGA: 12:30 – 1:15 p.m.
 YOGALATES: 2:00 – 2:45 p.m.

EVENT HIGHLIGHTS • Free Admission • On-Site Parking
 • 100+ Exhibitors/Vendors • Important Health Screenings
 • Dynamic Seminars • Engaging Workshops • Cooking Demos
 • Fitness Sessions • All Day Door Prizes and more!!!

SPECIAL GUEST

Kelly Swoope, ABC2 News Anchor
11:00 a.m. - 1:00 p.m.



410-313-5440 (VOICE/RELAY)
www.howardcountymd.gov/womenfest



Howard County 50+ Centers

CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

MARCH

SU	MO	TU	WE	TH	FR	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Bain 50+ Center

Wednesday, March 2 • 7 p.m. — P4C PET EVALUATIONS

Paws4Comfort (P4C) fosters special bonds between pets, their owners and the County residents they visit. To volunteer and/or receive a FREE evaluation for your pet, contact Ingrid Gleysteen at 410-313-7461 or igleysteen@howardcountymd.gov.

Tuesday, March 8 • 10:30 a.m. — WAR ON THE HOMEFRONT

The Baltimore Museum of Industry presents a look at workers and industry in World War II Baltimore, focusing on the “Big Three” (steel, ships and aircraft). FREE; register: 410-313-7213.

Tuesday, March 22 • 10 to 11:30 a.m. —

A TOUCH OF GRACYE JEWELRY & TEA PARTY

Meet Gracye Johnson, jewelry & art instructor, to learn about her classes in jewelry design, wire work, glass painting, tie-dye and more. FREE. RSVP by March 15: 410-313-7213.

Thursday, March 31 • 11 a.m. to noon

CANDLELIGHT CONCERT SOCIETY: CROSSWINDS WOODWIND TRIO

Crosswinds Trio — flutist, Gail D. Vehslage; clarinetist, Phyllis Crossen-Richardson; and bassoonist, Kari Krueger Shea — performs a diverse repertoire from Bach to Joplin. FREE; register: 410-313-7213.

Thursday, April 7 and Friday, April, 8 • 12:30 - 4:30 p.m.

MENTAL HEALTH FIRST AIDE FOR OLDER ADULTS

An 8-hour training certification course, co-presented by Grassroots of Howard County and the Office on Aging. Space is limited; registration is required. \$25; register by April 1 to Karen Hull: 410-313-7466.

East Columbia 50+ Center

CREATIVE WRITING FOR BEGINNERS

Explore the art of creative writing using out-of-the-box exercises and techniques. Call 410-313-7680 for class start date. \$64/six weeks.

Tuesday, March 8 and 22 • 3:30 to 4:30 p.m. —

TECHNOLOGY CAFÉ

Bring in your technology challenges: phone, tablet or laptop for top-notch assistance, plus Q&A. FREE; reservations required: 410-313-7680.

Wednesday, March 23 • Noon —

SPRING TEA AND HYDRANGEA SALE

Celebrate the first days of spring with a robust cup of tea, warm conversation and beautiful flowers. \$6/person; register: 410-313-7680.

Elkridge 50+ Center

Friday, March 4 • 10 a.m. to 2 p.m. — AARP DRIVING CLASS

Learn how to reduce driver distractions, how to deal with aggressive drivers, and explore safe driving techniques. \$15 for AARP members; \$20 for non-members. Register: 410-313-5192.

Monday, March 14 • 8 a.m. to 8 p.m. — ATLANTIC CITY

Comfortable coach bus transportation, morning snacks, bingo fun and \$25 in free slot play money. \$35/person; tickets go fast; register: 410-313-5192.

Wed., March 17 • 10:30 a.m. to 1 p.m. — ST. PATTY'S DAY PARTY

Enjoy a delicious Irish lunch and live music, plus get healthy eating tips from nutritionist Rona Martiyan. Lunch donation; register: 410-313-5192.

Ellicott City 50+ Center

Thursday, March 10 • 12:30 p.m. — WITH LOVE FROM BROADWAY

Sponsored by the Howard County Arts Council, the Howard County 50+ Players will perform Broadway classics centered around the theme of love. FREE; register: 410-313-1400.

Tuesday, March 15 • 9 a.m. to 1 p.m. — FREE HEARING SCREENINGS

Dr. Mary Carson, a clinical audiologist, will offer FREE hearing screenings. Call 410-313-1400 to schedule a 15-minute appointment.

Friday, March 18 • 12:30 p.m. —

AMHRANAI NA GAELIGE, THE IRISHMAN'S CHORALE

Celebrate the day after St. Patty's Day with Amhránaí Na Gaeilge, an authentic Irish choral group dedicated to preserving Irish culture and history through music. FREE; register: 410-313-1400.

Wednesday, March 30 • 1 p.m. —

PATAPSCO RIVER VALLEY HISTORY: ELKRIDGE TO ELLICOTT CITY

Edward F. Johnson, a Patapsco Valley State Park ranger tells the story of how this area played a major role in the development of Maryland, and our country, including the Native Americans who thrived here; the local harbor, iron forges and mills, and more. FREE; register: 410-313-1400.

Glenwood 50+ Center

Wednesday, March 9, 10 a.m. — HARRIET TUBMAN, STORYTELLER

Storyteller Janice Green portrays Harriet Tubman in this lively presentation focusing on the abolitionist, humanitarian and Union spy. FREE; register: 410-313-5440.

Friday, March 10 • 10 a.m. to noon — iPad/iPhone CLASS

Instructor Mike Vecera will help you gain a better understanding of the features of your iPad and iPhone. FREE; register: 410-313-5440.

Wednesday, March 23 • Noon —

CULTURE, CONVERSATION AND CUISINE: PUERTO RICO

Enjoy a delicious authentic meal and learn interesting facts and trivia about this beautiful island. \$7/person. Must register in advance: 410-313-5440.

North Laurel 50+ Center

Tuesday, March 8 • 11 a.m. to noon

HEALTHY AND ACTIVE AGING SEMINAR

Join us for a free seminar and trivia game to learn about healthy and active aging. Physical therapists will discuss age-related changes, benefits of exercise, balance, and how physical activity can help you live a full, independent life with less pain and better mobility! FREE; register: 410-313-0380.

Wednesday, March 9 • 11 a.m. to 1 p.m. — SHAMROCK SHINDIG

Enjoy a festive St. Patrick's Day meal with live Celtic and American Folk music by the Mighty Kelltones. \$3/per person plus lunch donation. Tickets: 410-313-0380.

Tuesday, March 29 • 10 to 11 a.m. —

MASTER GARDENER SERIES: EDIBLE HEIRLOOMS

Discover the world of heirloom seeds and the flavorful produce they offer. FREE. For more info, or to register: 410-313-0380.

To request accommodations to participate, call Maryland Access Point at 410-313-5980 (VOICE/RELAY) one week in advance.